

# Tea Menu

week 1



**THE FRESH LITTLE**  
**ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Roasted Vegetable & Mozzarella Quesadilla (G,Mk)	Homemade Chicken Sausage Roll (G,Su) or Homemade Vegetarian Sausage Roll (G)	Seasoned Chicken or Vegetables with a Soft flour Tortilla (G) or Roasted Vegetables with a Soft Tortilla Wrap (G)	Margherita Focaccia Pizza (G,Mk)	Tomato Soup (Mk) with a Freshly Baked Baguette (G)
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## Sides

FUEL FOOD

### Selection of Salads

## Dessert

SOMETHING SWEET

Fresh Fruit (None) Or Fruit Yoghurt (Mk, So)	Fresh Fruit (None) Or Fruit Yoghurt (Mk, So)	Fresh Fruit (None) Or Fruit Yoghurt (Mk, So)	Fresh Fruit (None) Or Fruit Yoghurt (Mk, So)	Fresh Fruit (None) Or Fruit Yoghurt (Mk, So)
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JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW  
POTATOES

Try something new each month using our special seasonal ingredients!



### Dates

Weeks Commencing:  
02/03/26, 13/04/26, 11/05/26,  
15/06/26, 13/07/26

### Allergens

Ce = Celery      F = Fish      L = Lupin      Mu = Mustard      Se = Sesame Seeds  
Cr = Crustacean      G = Cereals containing Gluten      Mk = Milk      N = Nuts      So = Soya  
E = Eggs      Mo = Molluscs      P = Peanuts      Su = Sulphur Dioxide

# Tea Menu

Week 2



**THE FRESH LITTLE  
ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Penne Pasta in a  
Tomato & Basil  
Sauce (G)

Chicken Sausage  
Hot Dog  
(G,Su,So,Se)  
or  
Vegetarian Sausage  
Hot Dog  
(G)

Slow Cooked Crispy  
Chicken Tacos  
(Mk)  
or  
Slow Cooked Crispy  
Vegetable Tacos  
(Mk)

Margherita Focaccia  
Pizza  
(G,Mk)

Homemade Cheese  
& Potato Turnover  
(G,Mk)

## Sides

FUEL FOOD

### Selection of Salads

## Dessert

SOMETHING SWEET

Fresh Fruit  
(None)  
Or  
Fruit Yoghurt  
(Mk, So)



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POTATOES

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### Dates

Weeks Commencing:  
09/03/26, 20/04/26,  
18/05/26, 22/06/26,

### Allergens

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide

# Tea Menu

Week 3



**THE FRESH LITTLE  
ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Freshly Baked  
Baguette with  
Grated Cheese  
(G,Mk,So) or Tuna  
Mayo (E,F)

Chicken Burger in a  
Soft Bun with  
Tomato Ketchup  
(G,Se)  
or  
Vegetarian Burger in  
a soft Bun with  
Ketchup  
(G,Se)

Seasoned Chicken  
with a soft Tortilla  
Wrap  
(G)  
or  
Seasoned  
Vegetables with a  
soft Tortilla Wrap  
(G)

Margherita Focaccia  
Pizza  
(G,Mk)

Stir Fry Chicken  
Noodles (G,E,So)

or

Stir Fry Vegetable  
Noodles (G,E,So)

## Sides

FUEL FOOD

## Selection of Salads

## Dessert

SOMETHING SWEET

Fresh Fruit  
(None)  
Or  
Fruit Yoghurt  
(Mk, So)



JANUARY  
LEEKS

FEBRUARY  
PARSNIPS



MARCH  
KALE

APRIL  
NEW



POTATOES

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each month using  
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ingredients!



## Dates

Weeks Commencing:  
16/03/26, 27/04/26,  
01/06/26, 29/06/26

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluses

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide



# Tea Menu

Week 4



**THE FRESH LITTLE**  
**ALLOTMENT**  
SEASONALLY FRESH, PERFECTLY PICKED

Monday

Tuesday

Wednesday

Thursday

Friday

## Mains

HAPPY TUMS

Roasted Vegetable  
& Mozzarella  
Quesadilla  
(G,Mk)

Homemade Chicken  
Sausage Roll  
(G,Su)  
or  
Homemade  
Vegetarian Sausage  
Roll (G,Su)

Chicken Burger in a  
Soft Bun  
(G,Se)  
or  
Vegetable Burger in  
a Soft Bun (G,Se)

Margherita Focaccia  
Pizza  
(G,Mk)

Penne Pasta in a  
Tomato & Basil  
Sauce (G)

## Sides

FUEL FOOD

## Selection of Salads

## Dessert

SOMETHING SWEET

Fresh Fruit  
(None)  
Or  
Fruit Yoghurt  
(Mk, So)



JANUARY  
LEEKs

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MARCH  
KALE

APRIL  
NEW



POTATOES

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## Dates

Weeks Commencing:  
23/03/26, 04/05/26,  
08/06/26, 06/07/26

## Allergens

Ce = Celery  
Cr = Crustacean  
E = Eggs

F = Fish  
G = Cereals  
containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs

Mu = Mustard  
N = Nuts  
P = Peanuts

Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide